

11-15-2019

Iowa State Daily (November 15, 2019)

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Many countries were represented in the events during International Week, including France, Vietnam, Malaysia, China, Korea, India, Pakistan, Taiwan, Japan, Indonesia, Iran and the Philippines.

DESIGN BY BROOKLYN WILLIAMS

A week around the world

International Week comes to a close

BY ANNEKE.JOHNSON
@iowastatedaily.com

International Week at Iowa State will come to an end Friday with International Night, an event taking place 6:30 to 11 p.m. in the Great Hall of the Memorial Union.

International Week is presented by the International Student Council and various international and multicultural student organizations at Iowa State. It allows attendees to learn about other

cultures through various interactive experiences.

The International Student Council website asks, “Do you want to travel other countries, but are low on funds? Feel curious to learn about other cultures? Crave food from different countries?”

The week began on Sunday with “World Cuisine — Around the World in 30 Dishes” in the South Ballroom of the Memorial Union. At the event, attendees could sample foods from different

>> INTERNATIONAL Pg12

Wintersteen presents at regents meeting

BY JACOB.SMITH
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The Iowa Board of Regents met Thursday, and President Wendy Wintersteen delivered an address to the regents on the status of Iowa State.

The board began its meeting by approving all items on the consent agenda.

Three of the items were recommendations made to the board by committees Wednesday.

The three items included changing of the current name of the Iowa State Curtiss Farm Feed Mill and Grain Science Complex to the “Iowa State University Kent Corporation Feed Mill and Grain Science Complex;” accepting of a real estate gift from Mr. Ronny Tharp on behalf of Iowa State as an addition to Iowa State’s McNay Research Farm; and permanently closing the Center for Plant Responses to Environmental Stresses as well as the Industrial Assessment Center. The items were all approved by the board unanimously.

Then, Wintersteen delivered an update to the board on the strategic plan that runs from 2017 to 2022.

“As the state’s only land grant university, Iowa State’s strategic plan advances



CAITLIN YAMADA/ IOWA STATE DAILY

President Wendy Wintersteen gave her 2019-20 State of University address Sept. 11. Wintersteen spoke on campus climate at the Board of Regents meeting Thursday.

our land grant mission to create, share and apply knowledge to make Iowa and the world a better place,” Wintersteen said.

In her presentation titled “Making Iowa and the World a Better Place,” Wintersteen highlighted various ways her administration is serving students and the state of Iowa.

Goal one in Wintersteen’s presentation was “ensuring access to the Iowa

State experience.”

“The experience includes practical, global and leadership opportunities to prepare our students for the 21st century,” Wintersteen said. “This experience also includes our growing culture of innovation and entrepreneurship, which we are integrating across undergraduate curriculum.”

>> WINTERSTEEN Pg12

Indian Students’ Association to bring Festival of Lights to campus

BY SUSANNAH.CRITCHON
@iowastatedaily.com

The Indian Students’ Association (ISA) will present Diwali, the Festival of Lights, from 4 to 8 p.m. Sunday in the Great Hall of the Memorial Union.

“For us, because our home is so far away from us, this brings all of us together and allows us to portray what our religion and our tradition and what our culture is to other people so that they get to experience [...] what we enjoy back at home,” said Priyanka Kadaganchi, junior in computer engineering and vice president of the ISA.

Diwali is one of the biggest religious observances in the world and is celebrated every autumn between the Hindu months of Asvina and Kartika, according to National Geographic. This major holiday is celebrated not only by Hindus, but also by many different religious groups including Buddhists, Jains, Sikhs and others all over India and around the world.

Kadaganchi said the story of Diwali varies across India, but it always involves the main theme of the triumph of good over evil. Diwali is also called the Festival of Lights, which comes from the diyas, or small candles and clay lamps, that Indian families light around their homes during the festival. It is a five-day celebration of family gatherings, fireworks and diyas, worship to the goddess Lakshmi and other Hindu deities and sharing of food and goodwill.

This event is one of the most important holidays for the Indian community, as it brings people together to spend time with each other and create happy memories.

“I think the biggest reason is just bringing people together; that’s all we want to do as a committee,” said Rahul Namboori, senior in management information systems and president of the ISA. “This event is so significant to us for that big reason, just bringing people together for the four hours that they’re there, and have them enjoy the event and just relax and have fun while doing so.”

The festival will include a wide variety of activities.

“There will be Indian traditional dances and some fun kind of dances that a lot of people here also enjoy, like Bollywood,” Kadaganchi said. “There will be very amazing Indian food. It always stays with a person because it’s a huge event. It’s a very important event for all of the Indians there, so a lot of people remember this event; so it’s very important for us also to make it a point to portray a good event for them, to make it a good celebration.”

While celebrating Diwali looks different in the U.S. than it does in India, Namboori said the ISA tries its best to replicate what the experience is like.

“It’s really hard to celebrate these festivals here in America, so [we’re] just doing what we can to bridge the gap, basically, and helping as [many] people as we can doing it,” Namboori said. “This is something you’ve been celebrating ever since you were born, so you’re accustomed to that Diwali culture, where you get with your friends, you have fun, [...] but here, it’s harder because there are so many people from different backgrounds, so you have to teach them about Diwali and be like, ‘this is what we do in India.’ We want you to experience that in whatever way we can help.”

Tickets for the festival are available online or at various locations on campus, which are updated daily on the ISA’s Facebook page. Tickets are \$5 for Iowa State students and \$10 for non-students.

CALENDAR

11.15.19

Celebrate America Recycles Day, Memorial Union, hallway outside the ISU Bookstore at 10 a.m. Join ISU Recycling Services and the Student Government Sustainability Committee to celebrate America Recycles Day, offering information, games and prizes all focused around reducing, reusing and recycling!

Open forum: University registrar finalist, Oak Room, Memorial Union at 11 a.m. The names of four finalists in the search for the next university registrar will be announced one business day before they visit campus.

Paint Your Own Pottery: Let it Snow!, Work-space at the Iowa State Memorial Union at 4 p.m. Baby, it’s cold outside! Warm up with a snow-man mug, adorn with ornaments and embrace the season with reindeer and other woodland friends. We will show you the basics of painting your piece and fire it within a week. Studio fee is \$4 for ISU and \$5 for public to attend plus the cost of the bisque you select.

Visit Day: Prospective Design Graduate Students, Gallery, College of Design at 12:30

p.m. The College of Design is hosting a visit day for students considering a graduate degree in design or art majors. Participants have an opportunity to interact with faculty and students, tour facilities, engage with other prospective students and learn the value of Design’s outstanding graduate programs. Register online.

Planetarium Show: The Life Cycle of Stars, ISU Planetarium, Physics Hall at 6:30 p.m. Are you curious about space? Do you wonder about what you can see in the night sky? If so, bring your questions and come to the ISU Planetarium and join us for an evening under the stars!

11.16.19

Cyclone Central Tailgate, Alumni Center at 11:30 p.m. Cyclones everywhere are invited to celebrate at the Alumni Center before every home football game. Enjoy giveaways, shopping, refreshments, marching band performances, Cy and spirit squad appearances, and entertainment for all ages. Doors open 3 hours prior to kick-off and end 30 minutes prior to kickoff.

POLICE BLOTTER

11.14.19

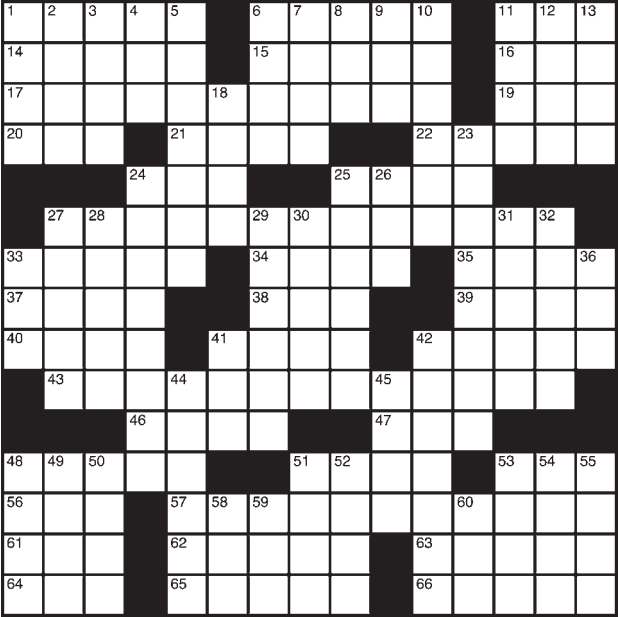
Francisco Galves Padilla, age 24, of 301 Jewel Circle - Ames, Iowa, was arrested and charged with domestic assault with injury, simple/serious assault, at 301 Jewel Circle (reported at 1:31 a.m.).

CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

Crossword



- 20 Trivial gripe
- 21 Stow cargo
- 22 “57 Varieties” brand
- 24 Purr former
- 25 Plane for a small airstrip, briefly
- 27 “Why me?”
- 33 Entire
- 34 Neeson of “Schindler’s List”
- 35 Carps at
- 37 Blubber
- 38 90-degree pipe piece
- 39 Clinton’s vice president
- 40 Johnson of “Laugh-In”
- 41 Island dance
- 42 Beast with one hump or two
- 43 “Why worry?”
- 46 Pet food brand with a ProActive Health variety
- 47 Chimpanzee, e.g.
- 48 Equally strange
- 51 Northwestern pear
- 53 Revolutionary Guevara
- 56 Logician’s proof ending
- 57 “Why not?”
- 61 Spoon-bending Geller
- 62 Musical Merman
- 63 Eucalyptus-eating marsupial
- 64 Civil War prez
- 65 Students’ hurdles
- 66 Kick out

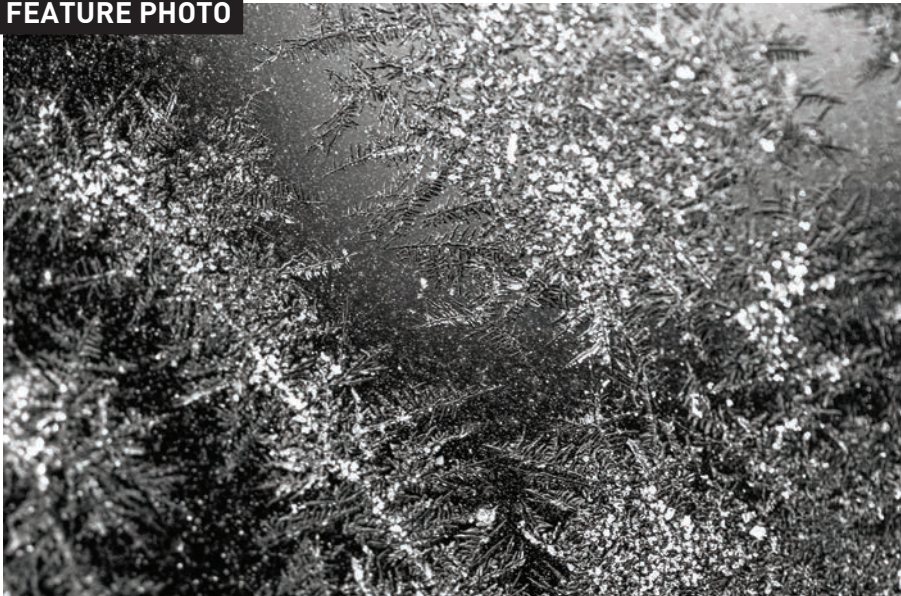
- 8 Cold bagful for a party
- 9 Bout enders, briefly
- 10 Without footwear
- 11 “Star Wars” warrior
- 12 Neat as ____
- 13 Big name in hotels and crackers
- 18 Hiker’s route
- 23 Stretch out
- 24 Phone screening service
- 25 Underwater experiment site
- 26 Tiny Dickens boy
- 27 Pier
- 28 Do-it-yourselfer’s book genre
- 29 Indigenous Alaskans
- 30 Grand Roman home
- 31 Judd of country music
- 32 “Snowy” heron
- 33 Fighter’s org.
- 36 Salt, on the Seine
- 41 Partner of haw
- 42 Baked treat often wrapped in fluted paper
- 44 Gizmo
- 45 Brewer’s kiln
- 48 Greenish-blue
- 49 Balkan native
- 50 Drooling toon dog
- 51 Red root vegetable
- 52 Lubricates
- 53 Bloke
- 54 Ice fishing access
- 55 List-shortening abbr.
- 58 Suffix with Wyoming
- 59 Old videotape type
- 60 Fenway team, for short

YESTERDAY'S ANSWERS

S	H	I	R	E		A	L	P		C	A	B	L	E
T	A	P	E	D		N	E	O		A	T	R	I	A
E	V	A	C	U	A	T	I	O	N	P	L	A	N	S
M	A	D	E	A	D	I	F	F	E	R	E	N	C	E
		D	R	J				C	I	A				
L	A	M	E	D	U	C	K	S	E	S	S	I	O	N
I	D	E	S		D	A	R	E	S		T	O	M	E
B	A	D			I	R	O	N	S		T	A	M	
E	N	I	D		C	O	N	D	I		C	A	N	E
L	O	C	A	L	A	N	E	S		T	H	E	S	I
		W	I	T						I	O	N		
C	H	A	N	G	E	S	O	N	E	S	T	U	N	E
R	A	I	S	E	S	T	H	E	S	T	A	K	E	S
A	R	D	O	R		E	O	E		E	V	E	N	T
W	E	A	N	S		P	H	D		L	O	S	E	S

- Across
- 1 Gem weight unit
 - 6 Three-line Japanese poem
 - 11 Container for Peter Pan
 - 14 “You __ busted!”
 - 15 Past prisoner, for short
 - 16 Prefix for a lifesaving “Pen”
 - 17 “Why bother?”
 - 19 Bit of Morse code
- Down
- 1 Abel’s older brother
 - 2 Class for potential painters
 - 3 Remainder
 - 4 Residue in a smoker’s tray
 - 5 “You missed the deadline”
 - 6 Pay attention to
 - 7 Wheel-supporting shaft

FEATURE PHOTO



GARRETT HEYD/ IOWA STATE DAILY

>> Frozember

As the days shorten, everything starts to freeze again as temperatures have stayed close to freezing if not under for the past few days.

IOWA STATE DAILY BUSINESS DIRECTORY

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Sudoku

by the Mephram Group

		1	6		8	4				
3				6		5				
5						3		7		
8	3							4		
			5				1			
	4							8	2	
	9			1						4
				2		9				8
					4		3	2		

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

For strategies on how to solve Sudoku, visit www.sudoku.org.uk

IOWA STATE DAILY

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PERIODICALS POSTAGE

Front page weather courtesy of the American Meteorological Society.

Reflecting on progress

Ivy College of Business dean talks new developments

BY KIRSTIE.MARTIN
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Raisbeck Endowed Dean of Iowa State's Ivy College of Business David Spalding has witnessed and the implementation of new aspects of the college.

The Ivy College of Business has had a lot of new additions including a new college name, new programs and new opportunities for students.

"Our goal is to continue to create programs and have programs here that will excite students and prepare students for the future and draw them into setting here in the Ivy College of Business," Spalding said.

Spalding said they are continuing to work on new degree opportunities for students.

A minor in consulting is going through the internal processes at Iowa State to get approved. This program is designed for students who choose to go into the consulting field. The minor will emphasize decision making skills, critical thinking and presentation skills.

"Students who decide to pursue this minor are going to be well-set for their careers in whatever career they choose," Spalding said. "Whether it's with a consulting firm or whether they choose to go to work for a corporation."

At the September meeting of the Board of Regents, a new undergraduate in business analytics was approved. Spalding said it will officially launch in the spring.

"We think there is a lot of opportunity in this field as well," Spalding said. "In the meetings I've had with businesses during my time here in Iowa there are two areas they consistently say that they need more talent in: business analytics and sales. So [...] we've looked at launching new programs in each of those areas."

This year the amount of students in the entrepreneurship major program almost doubled from last year, Spalding said. He said they also saw a strong increase in the number of students in the supply chain management major.

The Gerdin Business Building expansion is also in full swing. The college had a topping ceremony Oct. 29 where they lifted up the last piece of steel. The building is being enclosed now.

"We expect to have it fully enclosed by the



COURTESY OF DEBBIE AND JERRY IVY COLLEGE OF BUSINESS WEBSITE
Raisbeck Endowed Dean David Spalding, Iowa State's dean of the Ivy College of Business.

end of this month," Spalding said. "Then they will be able to put heat in there and spend the whole winter inside the building. This was a critical time piece for us getting the building enclosed before winter comes. We're not planning on holding classes in there next fall, but we will start moving furniture in and taking possession of the building starting in September. There will be spaces in there that we will certainly be able to use starting in the fall semester."

Classes are scheduled to start in the new part of the building in the spring of 2021.

The new name for the College of Business was announced and implemented last spring. Now known as the Ivy College of Business, Spalding said they are continuing to do 'We are Ivy' campaigns.

"I feel that the identity campaign has helped us with visibility," Spalding said. "Our [Master of Business Administration] program was ranked 47th in the country by U.S. News in the spring of 2019. I think part of that is due to the visibility we got in the Ivy [branding] campaign."

At the end of September, the Ivy College of Business was recognized for having the best Master of Business Administration program in Des Moines for the second year in a row.

Internship opportunities are also on the rise for Ivy College of Business students.

"I know I have meetings scheduled over the next few weeks with a couple people that are

interested in creating more internship opportunities in the insurance industry and that's a great industry here in the state of Iowa, a lot of opportunities for students," Spalding said. "So we are continuing to develop those opportunities so those students that haven't yet found an internship [can] continue working at that."

New opportunities outside of the state are also being created for the students to learn.

"We're continuing to increase the number [of opportunities], celebrate abroad opportunities and look at some new ways and styles," Spalding said. "For example we're doing one where students will travel over Thanksgiving break to Africa and participate in projects that revolve around giving back to the community, which is a little bit of a different twist on the study abroad program for us. I continue to think that it's important for us to provide opportunities to our students to get a global experience during their time here."

Spalding said six years ago the Ivy College of Business had about three percent of their students have a global experience during their time at Iowa State, and now that number is up to 6.26 percent of the college's students.

"We continue to look at ways to make that easier for students to engage with," Spalding said. "You know, the world is a smaller and smaller place. And providing our students an opportunity to explore and be part of the broader world is valuable."



HELEN BARTON / MARGARET SLOSS CENTER
FOR WOMEN AND GENDER EQUITY
Feminist Friday speaker Amy Rutenberg spoke about women and the draft Oct. 25.

Feminist Friday to discuss the idea of a feminist Jesus

BY LORETTA.MCGRAW
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Religion will enter the conversation at 1 p.m. this Feminist Friday at the Margaret Sloss Center For Women and Gender Equity.

Jennifer Hibben, campus pastor of the Wesley Center and reverend for the Collegiate United Methodist Church, will lead this talk titled "Jesus Was A Feminist."

"I think people who have a history with the church will find it more confusing or interesting," Hibben said. "Someone who's not Christian, not interested in being Christian could come still, and maybe they would actually better understand Christians, but also be able to say, 'Christians may say that feminism is wrong or not in-line with their beliefs, but I've actually studied Jesus and understand it in this way.'"

Hibben said she first came to the conclusion Jesus was a feminist upon further examination of biblical scripture. Those in attendance at the Friday talk will have the opportunity to more closely examine and draw their own conclusions.

This week's Feminist Friday follows similar talks hosted at the Wesley Center, including "Jesus Was Not White" and "Jesus Is A Rebel."

"At Wesley, we have students who actually fall across a spectrum, some people who would consider themselves atheist or agnostic but are very interested in learning about Christianity in a safe environment, or people who are kind of trying to figure out 'Am I a Christian or do I not really want to identify with that?'" Hibben said. "We wanted to create a space for people to say, 'I'm a feminist and I'm a Christian,' and that's actually not contradictory; you don't have to be one or the other."

Workshop teaches negotiation for salaries, job offers

BY QUINN.VANDENBERG
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Iowa State's College of Human Sciences Career Services department hosted a "Salary and Offer Negotiation Workshop," on Thursday in the LeBaron Conference Room 1009.

Approximately 35 participants attended the workshop, a majority of which were students from Iowa State's College of Human Sciences.

As attendees entered the conference room, a television monitor displayed statistics on negotiation, emphasizing the importance of the topic; 90 percent of employers don't retract offers due to an entry level candidate trying to negotiate, 74 percent of employers increase first offers from 5 to 10 percent in negotiations and 62 percent of new graduates do not negotiate salary.

Amanda Schickel, recruiting and career coordinator for the College of Human Sciences Student Services, led the workshop with a

presentation and engaged the participants in discussion.

Schickel asked attendees why graduates may choose not to discuss starting salary with a new employer.

Responses included fear of offending an employer or losing a job prospect, feeling pressure to accept from lack of background knowledge on salaries and excitement about being offered a position at all.

Schickel said candidates who chose not to negotiate can be missing out on large amounts of money over time. Raises are usually based on a percentage of an employee's salary. A smaller initial salary leads to smaller raises.

After stressing the importance of proper negotiation, Schickel described how and when to negotiate.

"We recommend waiting until you have an offer on the table to begin the negotiation process," Schickel said. "If you wait until the end,

when you have that offer you know that they're interested, they want you for that position and you have a little bit more power at that time to truly negotiate with them."

Schickel said once an offer is given, candidates should ask for time to consider the offer and conduct research on salary when looking for a job.

"I wouldn't just go to one resource and research it and call it good," Schickel said. "I'd look at a lot of different things cause you might see different things."

Schickel said she recommends salary.com or payscale.com as starting points for people conducting research on starting salaries.

Schickel also presented a portion of a Career Outcomes Report. The College of Human Sciences Career Center collects concrete data on graduates to compile information on average starting salaries for different majors. The career

»» WORKSHOP Pg12



QUINN VANDENBERG/ISD
Amanda Schickel presents negotiation skills at the workshop Thursday.



IOWA STATE DAILY
Dance partners swing dance Sept. 7, 2018, in the Great Hall of the Memorial Union.

Dance event to celebrate veterans

BY MORRGAN.ZMOLEK
@iowastatedaily.com

May I have this dance?

Finishing up the Veterans Day events as part of Veterans Week on campus, the Iowa State Cardinal Swing Dance Society (CSS) is hosting a social dance event from 7 to 11 p.m. Saturday in the Sun Room of the Memorial Union.

The Veteran’s Day Swing Dance is in honor of those who have served in the military.

CSS is a student-run Iowa State club. It is open to anybody interested in swing dancing.

The club teaches free dance lessons beginning at 7 p.m. Tuesdays and 5:30 p.m. Thursdays at State Gym. The classes are taught in 30 minute intervals depending on the participants’ skill levels.

The social dance event is a way for CSS to honor and celebrate veterans and give people the chance to bond with veterans and the rest of the community, said Ashley Correa, CSS club secretary and junior in management.

Veterans and Reserve Officers’ Training Corps (ROTC) members gain admittance for free, while general public admission is \$7 and CSS members’ admission is \$3. A live band will play while members of the club teach participants how to dance.

Lessons during the event will occur from 7:30 to 8 p.m. for anyone who needs help getting down the basics before the main dance to follow.

This event has been happening for several years and typically includes a live band whose members are veterans, but that was not able to happen this year.

“[The event] honors and celebrates veterans,” Correa said. “It’s one of the bigger dances, so it’s a good way to bond with the Iowa State and Ames community, get to know people, see veterans face to face, learn something new and have fun through dancing. If you have the time, you should come by.”



PHOTO COURTESY OF GETTY IMAGES, DESIGN BY BROOKLYN WILLIAMS
Some negative ways people use to cope with their problems include substance use, avoidance of others, avoidance of trauma and risky behavior.

Talk About It: Coping

Negative ways people cope with mental health issues

BY LOGAN.METZGER
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Editor’s note: This is part seven in our weekly mental health series “Talk About It.” Sensitive content may follow.

If a person is stressed out or experiencing symptoms of trauma or post traumatic stress disorder, they may attempt to deal with their problems through negative ways.

This is called negative coping. To cope is to make a specific alteration physically, emotionally or mentally so the person can manage or adapt to something that is causing them distress.

“A coping mechanism is any behavior or even a thought that you use to reduce anxiety or depression or stress or any bad feeling,” said Monica

Marsee, associate professor of psychology.

There are different ways people negatively cope with their mental health issues, which include but are not limited to substance use, avoidance and risky behavior.

“Negatively coping with issues is a lot easier,” Marsee said. “It is more immediate gratification. I could go to a therapist and talk about my depression symptoms, or I could just go to a bar and that would make them go away instantaneously. They would come back even worse because alcohol is a depressant.”

SUBSTANCE USE AND DEPENDENCE

People may take drugs or drink alcohol to try and feel better. Using drugs and drinking alcohol can be a way for them to avoid the unpleasant thoughts and painful emotions they’re experiencing, which often result in substance abuse and sometimes substance addictions.

“One thing people turn to in order to cope with depression and anxiety is alcohol or other substances,” Marsee said. “It is a pretty common thing; you’ll see those who have depression or anxiety also have substance abuse problems along with that. In order to get rid of that bad

feeling, they will use those substances.”

Substance abuse can cause serious problems. Alcohol or using other drugs can put a person’s relationships, job and health at risk.

Marsee said a person is more likely to be angry, depressed or even violent during substance abuse. When under the influence of alcohol or drugs, people often make bad decisions and even worse actions.

When it comes to substance abuse and addiction, there are two types of addiction: physical and psychological, according to spacioustherapy.com.

The physical addiction is the craving and withdrawals.

The psychological addiction is the repeated and learned paired behaviors of using a drug and the temporary reward mechanism of avoidance/escape from the stress, escape from emotional pain and escape from the accompanying thoughts and/or beliefs.

AVOIDING OTHERS

Certain social situations may trigger stress, anger or panic attacks, or remind someone of

➤➤ TALK Pg12

Lecture presents stories of those who have served

BY AMBER.FRIEDRICHSEN
@iowastatedaily.com

To recognize and share the stories of those who served the country in the Vietnam War, Steve Feimer, associate professor of justice studies at the University of South Dakota.

The lecture, “Vietnam Veterans: Still Coming Home,” took place on Thursday in the Sun Room of the Memorial Union.

Feimer co-wrote the book also titled “Vietnam Veterans: Still Coming Home,” which promotes awareness of Vietnam War veterans and the physical and emotional issues they deal with.

To start off the event, Feimer gave a brief summary of his book. It is a compilation of various stories from Vietnam War veterans from all over the country and their experiences.

“A warrior dies twice; once on the battlefield and again when no one speaks their name,” Feimer said. “We really wanted to be able to

capture these stories and to honor those people and to keep their name [alive].”

Many people attended the event, including many Iowa State students. Joshua Meador, sophomore in aerospace engineering, attended for one of his classes. He said he did not have much prior knowledge about the war.

“It seemed like the most interesting [lecture] for me to go to,” Meador said. “My grandpa served in World War II, but I don’t have any background in the Vietnam war other than the stuff we learned in high school.”

In the Vietnam War, American soldiers faced many challenges. One of these challenges was the fact it was hard to identify the enemy.

“You never quite know who the enemy is,” Feimer said. “In Vietnam, it could be the person doing your laundry during the day and you’re fighting them at night.”

Feimer addressed three different enemies American soldiers acknowledged: the Viet

Cong, the North Vietnamese Army and child soldiers. The Viet Cong was made of both men and women who would regularly ambush. The North Vietnamese Army comprised of soldiers from the north. Child soldiers were Vietnamese children used to distract troops.

Another challenge American soldiers faced was Agent Orange, a mixture of different acids intended to benefit the United States during the war.

“The idea was to spray this stuff over the vegetation to kill off all the vegetation and kind of blow the cover for the Viet Cong,” Feimer said. “Still today there are parts of Vietnam that got sprayed where nothing will grow.”

Although Agent Orange was successful in killing the vegetation during the war, it has affected both Vietnamese and American people as a result. Many health issues have emerged to those exposed to it and even their families.

Feimer’s book has a variety of profiles featuring

Vietnam veterans of many different races. The diversity is something he said was intentional because while in the war, there was no discrimination among the men serving.

“We tried to write the book in which we included every branch of the service and every ethnic minority,” Feimer said.

Feimer said the American soldiers were not divided by the color of their skin. This is something Meador said he found interesting.

“People that came from different backgrounds had to deal with different stuff,” Meador said. “When Feimer spoke about how the war was ‘color-blind,’ that was kind of the most interesting part to me.”

The last aspect of the Vietnam War Feimer talked about was when the American soldiers finally got to return home. He said for the ones who returned, it couldn’t have come fast enough. It is the 58,307 soldiers who did not return home were the ones Feimer wrote the book for.



GAME INFO



IOWA STATE CYCLONES
(5-4, 3-3 Big 12)



NO. 22 TEXAS LONGHORNS
(6-3, 4-2 Big 12)

WHEN: Nov. 16, 2:30 p.m.
WHERE: Jack Trice Stadium
WATCH: Fox Sports 1
LISTEN: Cyclone Radio Network | KASI 1430* (AM) & KCCQ 105.1* (FM)
(Available in the Ames area only)

STADIUM INFO:

- All gates will open 90 minutes before kickoff.
- Students must enter through the East Gate.
- Re-entry to the stadium will be allowed up until the start of the 4th quarter. Tickets must be scanned upon exit and re-entry.

OPPONENT INFO

Texas Longhorns
(6-3, 4-2 Big 12)
LOCATION: Austin, Texas
CONFERENCE: Big 12
HEAD COACH: Tom Herman | 23-13 in third year as coach at Texas

QUICK HITS:

- Texas is the only team in the Big 12 Matt Campbell has not beaten with Iowa State.
- Texas coach Tom Herman was Iowa State's offensive coordinator from 2009-2011.

PREVIEW

Iowa State to battle Texas

Cyclones hope for a win to lock down a bowl game

BY ZANE DOUGLAS
@iowastatedaily.com

Though its Big 12 title hopes are over, Iowa State still has something to play for.

The Cyclones will host No. 22 Texas on Saturday and try to solidify a bowl game by beating the ranked Longhorn squad.

Iowa State is on a two-game losing streak thanks to a home loss against Oklahoma State and a one-point road loss to Oklahoma. The latter of the two saw the Cyclones miss a controversial two-point conversion attempt to take the lead with less than a minute left in the final quarter.

"I'll measure our success or failure at the end of the football season," said coach Matt Campbell. "Does this team reach its full potential? Well, we'll evaluate that at the end."

Iowa State has had four close losses, with all of them combining for 11 points. Only Oklahoma State beat the Cyclones by more than two points. Texas had somewhat similar luck on Saturday.

Texas has had a somewhat disappointing season despite being ranked going into week 11. The disappointment stems from the expectations set for the Longhorns coming into the season.

The AP Preseason Poll had the Longhorns ranked No. 10, but after a first-week win over Louisiana Tech, they jumped up to No. 9. Later, they faced then-No. 6 LSU on their home turf in Austin. LSU won by a touchdown, but Texas followed that up with three straight convincing wins against Rice, Oklahoma State and West Virginia.

Texas' next big test was Oklahoma, who also beat the Longhorns by a touchdown. It's hard to fault the Longhorns for losing to two top 10 teams, but Texas was home in both of these



Brock Purdy runs a ball during the Iowa State vs. Oklahoma State football game Oct. 26. The Cyclones lost 34-27. GARRETT HEYD/ IOWA STATE DAILY

games and the team still had another loss coming.

Texas followed up its loss by barely escaping against a bad Kansas team, followed by a loss to an unranked TCU. A win at Kansas State brought them back in the top 25, but the Longhorns need help if they want to capture a Big 12 title.

"They're pound-for-pound probably the most talented team and certainly tied or equal with Oklahoma in our conference," Campbell said. "When you play teams that have elite players [...] your execution and details gotta be really good."

Iowa State has one more loss than Texas, but all of its losses have come to teams currently ranked in the top 25.

Against Texas, Iowa State will need to rely on being the better defensive team. Texas ranks as one of the worst pass defenses in the conference (ninth), while Iowa State is middle of the pack in that category (fifth) in terms of passing yards

allowed per game.

Against the rush, Iowa State ranks third in the conference in yards allowed per game, while Texas is fifth.

Iowa State has the better defense, but offensively it's a toss-up. The Longhorns rank second in the conference in scoring on offense with Iowa State at fourth, but Iowa State has accumulated more yards of total offense (third) than Texas (fifth).

At the center of this is quarterback Brock Purdy, who has built onto a strong freshman season with a better sophomore one.

After a bit of a shaky start against Oklahoma, Purdy helped his team get back in the game and almost gave them the win in the last minute.

"It was pretty sweet being in that kind of environment," Purdy said. "While that was all happening I was just taking it in and having fun with the guys and appreciating everything that they're doing with me."

The sophomore finished with 282 yards and five touchdowns through the air as well as 55 rushing yards with one touchdown.

Purdy relied heavily on his tight ends in the comeback effort, with all three of them catching touchdowns, including Dylan Soehner's first career touchdown.

Chase Allen and Charlie Kolar both had touchdowns in the fourth quarter — a quarter in which the Cyclones put up 20 unanswered points.

"It's really frustrating as a player and I'm sure for a coaching staff the amount of time that they invest — it's just insane," Allen said. "We really care and that part is frustrating. I think we showed in the fourth quarter we don't have any quit in us."

The tight ends had high expectations going into the season, and they will figure to make a difference against the Longhorns in Iowa State's first home game of the month.

AROUND THE BIG 12



TCU @ TEXAS TECH

WHEN: 11 a.m., Saturday
WHERE: AT&T Jones Stadium, Lubbock, Texas
WATCH: ESPN2



KANSAS @ No. 25 OKLAHOMA STATE

WHEN: 11 a.m., Saturday
WHERE: T. Boone Pickens Stadium, Stillwater, Oklahoma
WATCH: Fox Sports 1



WEST VIRGINIA @ KANSAS STATE

WHEN: 2:30 p.m., Saturday
WHERE: Bill Snyder Family Stadium, Manhattan, Kansas
WATCH: ESPN



No. 10 OKLAHOMA @ No. 12 Baylor

WHEN: 6:30 p.m., Saturday
WHERE: McLane Stadium, Waco, Texas
WATCH: ABC

PLAYERS 2 WATCH



GARRETT HEYD/IOWA STATE DAILY

Charlie Kolar

Kolar is coming off of a game with only two receptions for 29 yards and a touchdown. Granted, that touchdown gave the Cyclones the chance to win the game on a two-point try, but Kolar will have a better game this week. The Norman, Oklahoma, native will not be the focus of Texas' poor pass defense, which will allow him to thrive in the middle of the field. Look for Iowa State to run more plays for the emerging tight end threat as it tries to get sophomore quarterback Brock Purdy into a groove.

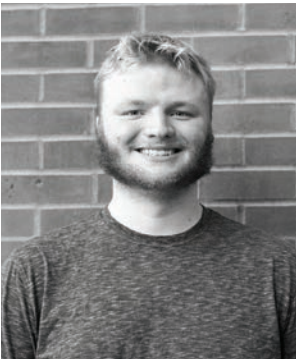


COURTESY OF TEXAS ATHLETICS

Devin Duvernay

Duvernay has been on a torrid stretch recently. The Longhorn receiver has had three straight games of over 100 yards receiving. Duvernay is Sam Ehlinger's favorite target through the air and had been reliable for the emerging NFL prospect quarterback. Duvernay will also see an uptick in targets if fellow receiver Collin Johnson is unable to play after his recent injury. Duvernay will give Iowa State's defensive backs fits all day on Saturday.

GOOD COP vs. BAD COP



BY SAM.STUVE
@iowastatedaily.com

Good Cop

Iowa State is 5-4 (3-3 Big 12), tied for fourth and on a two-game losing streak. In the past two matchups, Iowa State has dropped a handful of interceptions that could have swung the momentum in their favor.

The Cyclones could not capitalize and create turnovers, and have lost their last two games by eight points combined. Losing close games has been something the Cyclones have done all season, as all four of the Cyclones losses were one-possession games by a combined total of 12 points.

Texas poses a huge threat to Iowa State's defense. Texas is second in the Big 12 in points per game with 37.8 points per game behind only Oklahoma, who averages 48.4 points per game. Texas will have good quarterback play by junior quarterback Sam Ehlinger against Iowa State, but Iowa State's quarterback Brock Purdy may be due for a great game.

It'll be a battle between two of the best quarterbacks, Ehlinger and Purdy. Ehlinger is fourth out of 10 in the Big 12 in efficiency rating at 152.4 and Purdy is in third with an efficiency of 157.6

What could make the difference on Saturday is what defense can get the stops that are necessary to win. Iowa State's defense is third in the Big 12 passing yards allowed, giving up 231.3 passing yards, and Texas is ninth, giving up 299.6 passing yards.

Both teams will play each other close, with the game being tied at 17 at half-time and with neither team holding more than a seven point lead.

Texas will hold a 34-31 lead with less than two minutes to go but Purdy will lead a game-winning drive to give Iowa State its sixth win of the season, making them bowl eligible.

Iowa State 38, Texas 34



BY JACK.SHOVER
@iowastatedaily.com

Bad Cop

Texas ranks third in the Big 12 conference behind undefeated Baylor and one-loss Oklahoma, but when evaluating the Longhorn team, there are not a lot of categories where the Longhorns are better than the Cyclones.

Texas averages 37.8 points a game on offense, which is just over one point more than the Cyclones, but the Longhorns also yield five more points to opponents.

In addition, No. 19 Texas — according to the College Football Playoff rankings — isn't used to the conditions they will be forced to play on Saturday.

The expected temperature around game time will be in the high 30s.

This game has all the makings of an upset win for the Cyclones.

Sorry Cyclone fans, it's not going to happen.

The Longhorns aren't going to melt like the witch in "The Wizard of Oz" the moment they touch snow or cold air.

There is no way they will be surprised by the Cyclones.

Everybody in the conference knows the Cyclones are the real deal on offense and defense.

The Cyclones paced the conference with the most preseason defensive selections for the All-Big 12 Team and Brock Purdy leads the conference in passing yards per game.

On Texas' side, Ehlinger is a good quarterback and he will be able to pass in the same conditions Purdy will be able to.

If the game is a sloppy and wet mess, both teams will be able to key on the opponent's run games.

If that's the case, I'm taking Texas' offensive line over the Cyclones' and I'm taking Sam Ehlinger's running ability over Brock Purdy's.

Iowa State 21, Texas 27

FEATURE PHOTO



GARRETT HEYD/ IOWA STATE DAILY

»» **Fly the flags!**

Iowa State scores another touchdown against Oklahoma State University on Oct. 26. The Cyclones lost to the Cowboys, 34-27, and play Texas Saturday at 2:30 p.m. with television coverage on Fox Sports 1.

THE PICK

Iowa State vs. Texas

NOAH ROHLFING



Sports Editor
(7-2)

Iowa State 48, Texas 45

I'm really hoping the game is this entertaining, but it's more of a hope than anything else. Iowa State's defense struggled for a full half against Oklahoma on Saturday, and against the Longhorns I expect the struggle to continue.

Sam Ehlinger and Devin Duvernay have a solid connection, and Ehlinger's ability as a runner can cause issues for the Cyclones. But the same goes for Brock Purdy and the Iowa State offense.

I expect Breece Hall, Deshaunte Jones and Charlie Kolar to have big days and I believe Iowa State comes out on top in a thrilling game.

ZANE DOUGLAS



Sports Editor
(7-2)

Iowa State 48, Texas 31

Despite the rankings and the record, Iowa State is a better team than Texas. The Cyclones have a similar offense to the Longhorns, but a much better defense. Look for Brock Purdy to have a monster day against one of the worst pass defenses in the conference (ninth in terms of yards). Purdy is coming off of a game where he shook pedestrian first half to play an inspired final quarter. After Iowa State's fourth loss brought it to a combined 11-point margin of defeat in its losses, the Cyclones will not allow this game to get close.

Texas got a generous ranking from the committee after a home win against Kansas State, but the Cyclones won't allow the Longhorns to win in Jack Trice. Iowa State takes this one.

MATT BELINSON



Sports Editor
(6-3)

Iowa State 32, Texas 21

Iowa State has found itself riding a two-game losing streak after tough fourth quarter losses to Oklahoma and Oklahoma State. However, I have never seen two losses on a team's overall record come within inches of being wins.

Iowa State has gotten in its own way the last two games, whether that be giving up big plays on defense or turning the ball over on offense. Iowa State has done themselves no favors lately. With all of that being said, Iowa State is due for a win this Saturday.

Texas has one of the worst pass defenses in the Big 12. Luckily for Iowa State, Brock Purdy has taken advantage of suspect secondaries all season.

On the defensive side, Iowa State holds the edge once again. If Iowa State brings out a defense that plays like it did in the second half against the Sooners last Saturday, the Longhorns stand no chance.

VICTORIA REYNA-RODRIGUEZ



Voices Editor
(0-0)

Iowa State 31, Texas 34

Every Cyclone's favorite, Brock Purdy, has been having a stellar season thus far (despite the Oklahoma State game, sorry Brock), but is he ready to take on the Longhorns? Last year the Longhorns dominated the Cyclones in Austin, so win or not, this game is sure to be interesting.

While my love for the Cyclones is like no other, as a Texas native — along with the Longhorns showing 6-3 and Cyclones 5-4 — I'd have to say I predict Texas coming out on top. Don't mistake my logic for disloyalty though; I'm still a Cyclone through and through.

Julian’s five-year journey

Cyclone tackle nears end of college career

BY NOAH.ROHLFING
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Iowa State’s starting left tackle has been nearly everywhere since his time with the Cyclones began in 2015 — and that’s just on the field.

Off the field, he says he’s grown a lot and learned a ton from the coaches he’s had.

But Julian Good-Jones has navigated a lot of change in the Cyclones’ football program to get where he is now: an Iowa native starting his final two home games in front of near-sellouts at Jack Trice Stadium, with a chance to secure a winning record in three consecutive seasons.

“It’s coming up here,” Good-Jones said. “You never think about it, you know, you just keep going.”

When Good-Jones arrived, Iowa State football was in a turbulent place. Head coach Paul Rhoads — who helped recruit Good-Jones to Iowa State out of Cedar Rapids Washington High School — was on the hot seat after a disappointing 2-10 season the year prior. Good-Jones was an inexperienced right tackle, who came in primed for a redshirt season to get his feet under him.

Then Rhoads got fired after a disastrous 3-9 season, and suddenly Good-Jones — along with all the other returning Cyclones recruited by Rhoads — was left in the lurch, waiting to see who was next in line. It turned out to be Matt Campbell of Toledo, who brought along Tom Manning as his offensive coordinator and offensive line coach.

Manning and Good-Jones gelled, and soon Good-Jones was a starter at right tackle. But the team wasn’t winning games.

“We were close, and you could see it getting



IOWA STATE DAILY

Senior starting left tackle Julian Good-Jones will play his last game in Jack Trice Stadium Nov. 23. Good-Jones has gained experience from all over the offensive line by playing different positions.

there,” Good-Jones said. “The end of the year, when we got that big win over Tech, that was when it was like, ‘OK, we can do something.’”

Another 3-9 season came and went as the team settled into life under Campbell. But as always, Good-Jones’ role with the team was changing.

Over the season and into spring practice of 2017, Good-Jones said Manning would keep asking him if he had ever thought of playing center, and if he had ever snapped a football. It got Good-Jones thinking they were trying to change his position.

He was right.

The change happened in the spring, and the then-redshirt sophomore started every game

for the 2017 Cyclones in a position he had never played before.

Part of that season was possibly the Cyclones’ biggest win in Good-Jones’ career — a come-up-from-behind win on the road against No. 3 Oklahoma.

Good-Jones saw the win as proof of progress for the team.

After the 2017 season, he underwent yet another position change — from center to left tackle (apart from one of the 13 games Iowa State played), where he has stayed for the past year-plus. The season was up and down for the Cyclone, as he was suspended for a violation of team rules ahead of the game that never happened against South Dakota State. He

didn’t fall foul of Campbell again and said he has learned a lot from the fourth-year coach.

“Most everything in football translates to real life,” Good-Jones said. “And I think the thing that I’ve learned is just to work hard and persevere.”

With his college football career drawing to a close, Good-Jones has been praised by Campbell and his teammates for his commitment and growth during his career.

Campbell said Good-Jones’ growth has been an example for many in the program.

“I’m really proud of Julian,” Campbell said. “Here’s a guy that’s been through a lot, and we know that, it’s been documented — we can all talk about that. But what I’ve always seen about Julian is this amazing spirit; who he really is is really special. He’s got great leadership ability, because he’s got a unique ability to get along with everybody in our program. He’s got a big heart — he’s always done what’s best for the team.”

His ability to adapt and change positions has helped make the senior compatible with different position partners, including red-shirt freshman left guard Trevor Downing. Downing gained the position when Collin Olson moved to center after an injury to Colin Newell, and he said playing with Good-Jones has helped his growth.

“Julian, really a veteran guy here, really helps playing next to him,” Downing said.

Good-Jones is a rare four-year starter for the Cyclones at the offensive line position — a home-state kid who has changed positions twice, had three different offensive line coaches and had countless different linemen groupings.

But he said he’s had no thoughts about what happens after football — whether that involves an NFL career, XFL career or something else.

One thing he is certain of is the emotion that’ll show up when he walks out ahead of the Kansas game — his final outing in Jack Trice Stadium.

“Ames is somewhere I’ve spent the past four or five years, and you don’t want it to end,” Good-Jones said. “But it’s something that happens.”

COLUMN

Playoff committee should put Alabama in

BY TREVOR.HOLBROOK
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Earlier this week, tons of people across the nation tuned into ESPN for the reveal of the updated College Football Playoff rankings.

The top three teams seemed like locks in some sort of order with Ohio State, LSU and Clemson sporting undefeated records. Meanwhile, Alabama and Penn State stumbled against a pair of undefeated teams, shaking up the top.

The committee placed LSU at No. 1, followed by Ohio State and Clemson. The fourth spot goes to ... Georgia? Yup, a team that couldn’t even handle a 4-6 South Carolina team in Sanford Stadium.

If you can somehow ignore that loss (you shouldn’t), Georgia is just OK. The Bulldogs knocked off Notre Dame — the No. 16 team in the College Football Playoff rankings — at Georgia and No. 12 Florida at a neutral site. Both wins are solid, but the margin of each win was no more than a touchdown.

Now, let’s compare with the

Crimson Tide. Alabama’s schedule is soft, no doubt about it, but the team’s steamrolled the bad teams on the schedule. The best win is probably on the road at Texas A&M (receiving votes), winning by 19.

Addressing the loss to LSU, I think LSU is the best team in the country, and the committee agrees. During the lone loss, Alabama fell behind 10-0 early on and trailed by 20 at halftime. The Tide tacked on a touchdown in the third quarter and grabbed three more touchdowns in the fourth quarter. Despite outscoring LSU 28-13 in the second half Alabama lost by five.

Personally, I want the highest quality of play in the College Football Playoff, and Alabama provides better play than Georgia, in my opinion. I’ll take the team with a five-point loss to the top team, blowout wins over everyone else and a recent history of consistently dominating opponents (outside of Clemson last year). Instead, we’re rolling with a team that eked out wins over good but not great teams and lost at home to a middle-of-the-pack South Carolina



COURTESY OF THE OU DAILY

Sooner quarterback Jalen Hurts at the Iowa State vs. Oklahoma game Nov. 9.

in a top-heavy SEC?

Looking outside the SEC, how does Alabama compared with other schools? Oregon and Utah come in at sixth and seventh behind Alabama. Oregon owns a loss to Auburn, and Utah dropped one to USC. Utah has a single-digit win over Washington, and Oregon has close wins over Washington and Washington State.

The Pac 12 teams are a little tougher to compare, but I’ll still

Oklahoma the past couple games, you understand why each team is ranked where it is. Neither has been sharp lately.

Lastly, spare me your No. 8 Minnesota takes. Nice win over Penn State, Gophers, and if you can knock off Iowa in Kinnick (Minnesota won’t) and Wisconsin at home, then I’ll entertain the idea.

I can’t trust a team that struggled with Georgia Southern, Fresno State, South Dakota State and Purdue, nor a team that would lose by 20 to Alabama. Minnesota’s a nice story and had one nice upset win at home, but it doesn’t have the talent to even hang close with the Crimson Tide.

Using metrics, Alabama should be a top four team, too. ESPN’s FPI ranks the Tide at No. 3, FiveThirtyEight puts them at No. 4 and Jeff Sagarin’s rankings places them at No. 3.

Give us the best teams that will provide the best product on the field, which includes Alabama. That’s all I’m asking for.

Ready for regionals

Iowa State prepares for biggest test of season

BY ADARSH.TAMMA
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The Iowa State cross country program is about to face its biggest test of the season.

Both the Cyclones' men's and women's teams will travel to Stillwater, Oklahoma, and the Oklahoma State University Cross Country Course on Friday to compete in the NCAA Midwest Regional. Iowa State enters this meet as the defending team champions for both the men's and women's races.

This time of year is a very important one for cross country teams across the nation, as the end goal of reaching the national championships is almost within reach. In the nine regional meets that will be taking place, the top two teams in the overall standings will receive an automatic bid to the NCAA Championships on Nov. 23. The remaining 13 spots will be chosen by a committee as "at-large" bids. The Cyclones will be looking to win their third straight Midwest Regional title on both the men's and women's sides, as the Cyclones come into this meet off of a long and grueling regular season.

On the women's side, the Cyclones will again be looking to junior Cailie Logue to lead the way to a podium spot. The Erie, Kansas, native enters this race as the defending individual champion after winning the regional title last year at Bradley University. Logue is



IOWA STATE DAILY

Cailie Logue at the 2018 Big 12 Cross Country Championships on Oct. 26, 2018.

also coming off a second straight Big 12 title after holding off Oklahoma State's Taylor Somers down the stretch.

Behind Logue, the Cyclones have a relatively younger team compared to recent years. Three of the seven who raced at the Big 12 Championships last weekend were freshmen, all of whom have played a big part in the Cyclones' season thus far. As such, coach Amy Rudolph will be looking to runners like Madelynn Hill and Janette Schraft to score some big points for the Cyclones.

Over on the men's side, coach Martin Smith and his squad will be looking to defend their No. 1 Midwest Regional ranking that the team has held for the entire season. The Cyclones also currently sport the No. 5 national ranking behind Stanford, Colorado, BYU and defending national champs, Northern Arizona.

Iowa State will once again be looking to

senior All-American Edwin Kurgat to lead the way. The Eldoret, Kenya, native has already produced one of the greatest cross country careers in Cyclone history, having won two Big 12 Championships, a Midwest Regional title and a bronze medal at last year's nationals.

Behind Kurgat, the Cyclones will be looking to rely on fellow seniors Addison Dehaven and David Too to secure some key spots and points. The two transfers — from Boise State and Florida A&M, respectively — have provided solid running throughout the season.

This consistency can be seen in last weekend's conference championships, where Iowa State placed seven of its nine runners in the top-15.

The NCAA Midwest Regional Championships will start at 10:30 a.m. Friday with the Women's 6K race, followed by the Men's 10K championship at 11:30 a.m.



MICHAELA SCHNETTER/ IOWA STATE DAILY
Iowa State faced University of Illinois on Nov. 8.

Cyclone Hockey looks for boost at Minot State

BY JAMES.POWELL
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The path back to the ACHA Championship has not been easy for the Cyclones. This weekend, it will continue with Minot State, the team that concluded Cyclone Hockey's 2018 campaign in the championship game last March.

The Beavers come in with an impressive 7-1-2 record and are ranked fourth in this week's rankings, while the Cyclones are hovering around .500 at 8-7-1 and are ranked 15th.

The team isn't looking at this as a particularly significant bump in the road, but that's partly due to the fact that over half the team wasn't there to experience it last year.

"There's a little carry-over, but we have so many new guys, I don't know if that means as much to them as it might to the returners," said coach Jason Fairman when asked about the emotions going into this weekend.

Whether or not emotions are lingering since last year is not as important as making sure they're locked in this weekend, particularly stopping the Beaver's offensive attack. Minot State has procured nine, eight and a couple of seven-goal outings so far this season.

The Cyclones still have senior goaltender Nikita Kozak making plays left and right for the team. He will be a defining factor in whether or not the team finds success this weekend.

"[Kozak] has kept us close, and he's given us a chance to start playing well and win the game," said junior Ray Zimmerman.

Kozak has needed to be solid so far this season in part because Cyclone Hockey lost a lot of scoring that helped propel them last year, and because the team has had difficulty finding the back of the net with consistency so far this season compared to last.

One area in particular where the Cyclones have had trouble offensively, especially recently, has been on the man advantage.

They have had an abundance of opportunities the last two weekends, but have not scored on any of them.

"We have to finish our chances; everyone in the locker room knows that," Fairman said. "We're solid in every area of the game except for scoring goals, and that's going to carry over into the power play."

Cyclone Hockey has certainly shown it can hang around with some of the higher-caliber teams in the ACHA, splitting with now-12th ranked Illinois and sweeping a strong Jamestown team, handing them two of their three losses last month in Ames.

The Cyclones' most recent offensive outburst came in a 3-0 win against Illinois last weekend, with all three of the goals being scored by freshmen.

"We're very pleased with the freshman group we have — they're a fun group to coach, and I think the only thing they need is experience," Fairman said. "Hopefully once they get that they will be able to score more goals."

A breakout performance by anyone, freshmen included, would be a welcome sight for Fairman and his team as they look to pick up crucial wins in North Dakota on Friday and Saturday.

Cyclones to play first dual with Bucknell

BY STEPHEN.MCDANIEL
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Iowa State wrestling is coming off a successful start to its season, as it hosted the Harold Nichols Cyclone Open last Sunday at Hilton Coliseum.

The Cyclones walked away from the Cyclone Open with a combined six first-place finishes in the fresh/soph division and the open division.

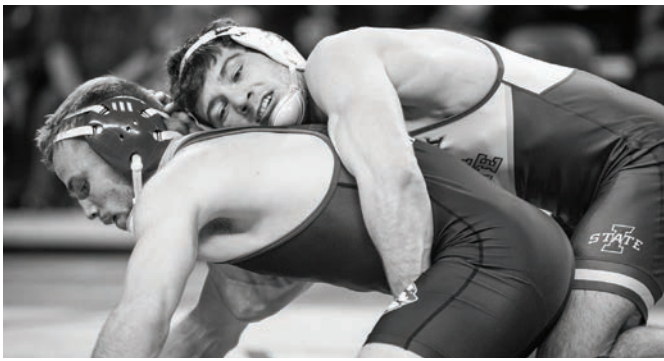
Grant Stotts won the fresh/soph 157 title, Tate Battani won the fresh/soph 174 title, Alex Mackall won the open 125 title, Todd Small won the open 133 title, Chase Straw won the open 165 title and Gannon Gremmel won the open heavyweight title.

Following the success of the Cyclone Open, the Cyclones now look to Sunday when the team will play host to Bucknell at Hilton Coliseum.

"If I look at last year's Cyclone Open to this year's Cyclone Open, it's a big improvement; now the challenge is to go from this weekend too as we progress through the season," said head coach Kevin Dresser.

Two matches to look out for on Sunday's dual comes at the 165-pound weight class and the 197-pound weight class.

Chase Straw is coming off a



IOWA STATE DAILY

Chase Straw at the Iowa State vs. Utah Valley dual-meet Feb. 3.

successful Cyclone Open where he took home the open 165 title after a 4-2 decision over fellow Cyclone Isaac Judge.

Straw is slated to face Bucknell's Zach Hartman at 165. Hartman is one of two returning NCAA qualifiers who's making the trip to Ames for the Bison. However, Hartman was an NCAA qualifier at 157 pounds, which would have had him matchup with redshirt freshmen David Carr.

"It looks like [Bucknell] have him at 165, so maybe he's grown up into the weight, but he's a very tough kid," Dresser said.

The matchup at 197 pounds is one where Iowa State will be tested in a weight class that had some question marks heading into the season.

Coming into the season, the 197 didn't have a clear starter, and the spot came down to

redshirt freshmen Joel Shapiro and Francis Duggan.

Shapiro and Duggan found themselves in a spot where they could have faced off in the open 197 finals, but both lost in the semifinal round.

Shapiro and Duggan did face off in the third-place match at the Cyclone Open.

Shapiro won the matchup with Duggan by 3-1 decision and got the nod for the 197 spot in Iowa State's first team dual of the season.

Another guy looking to build off his success from the Cyclone Open is the 125-pounder Alex Mackall.

Mackall matched up with a top 10 opponent in Jacob Schwarm from UNI in the open 125 finals, where Mackall rattled off 18 unanswered points for a technical fall to win the open 125 title.

"Just keep believing in myself and doing the extra that I've been doing in the [weight] room," Mackall said. "Make sure I know I'm doing more than what everyone else is doing and just keep on building confidence."

Dresser previously said Mackall didn't look like his usual self to start off the Cyclone Open, but said he had a big turnaround in the second and third period of the finals match, where he scored those 18 unanswered points.

Sunday's dual against Bucknell also marks the season debuts of Ian Parker and Carr.

Parker and Carr, along with Austin Gomez, were held out of the Cyclone Open due to minor nagging injuries

Gomez suffered a concussion and Dresser said his initial plan of dropping back down to 133 for Las Vegas has been delayed.

But for Parker and Carr, they'll be putting on the Iowa State singlet for the first time this season. Their debuts are highly anticipated by Cyclone fans.

"I'm just really pumped, just ready to wrestle my first dual at Hilton," Carr said. "It's been a dream of mine since I've been a kid and just knowing the history coming from that place. I mean, it's Hilton magic, so I'm really excited for this weekend."

COLUMN

‘Cancel culture’ is toxic

Twitter trend is harmful to productive dialogue

BY ANNELISE.WELLS
@iowastatedaily.com

There are benefits and drawbacks to more people living their lives on Twitter and constantly being connected online. To be honest, I am no saint and am definitely one of those people who spends way too much time scrolling through the app and refreshing my timeline for the umpteenth time.

A recent harmful phenomena that is very evident on Twitter, and is a result from the uprise in social media in general, is what is known as “cancel culture.”

Cancel culture happens when a public figure or celebrity is boycotted and shunned, therefore making them “canceled.” This can happen for something they have done in their past, something they post that is controversial or a pop culture event they are involved in.

It’s easy to see when people band together on Twitter and “cancel” someone, as a hashtag of #____IsOverParty or #____IsCanceled can be trending within minutes of the incident with thousands of tweets in on the conversation. It can be hard to escape these tweets at times, even if you have never heard of the celebrity or person in question.

Cancel culture is based on ignorance, and enforces the idea that we can’t grow as people and learn from our mistakes. It takes away the opportunity for productive conversation and



IOWA STATE DAILY

Editor-in Chief Annie Wells argues “cancel culture” is a toxic phenomenon on Twitter that should not be tolerated.

understanding.

People on the internet are quick to “cancel” someone without knowing the whole story or if what they read in one person’s tweet is true or not. It’s easy to jump on the bandwagon and bash on whoever’s turn it is to be “canceled” that day.

While some of the criticisms come deservingly for notable missteps, others are just for someone voicing an opinion that varies from the norm.

But no matter the reason’s severity, being denounced by millions of people on Twitter really doesn’t change anything. It may change

how that person’s career goes in the future, but it won’t undo what happened or what was said.

If you were “canceled” by all of your friends after one mistake you made five years ago, and one day woke up to everyone bashing you and pretending the rest of your accomplishments and relationships didn’t exist, I don’t think you would think of that as very fair.

Someone’s whole career shouldn’t be “canceled” by a tweet dug up from 15 years ago, and trending a hashtag denouncing someone just creates unnecessary drama. Instead of canceling

someone, take the time to have productive conversations if needed, or just move on.

We all make mistakes, whether that is your best friend, your mom, your professor, your favorite actor or your favorite singer. Give others the chance to learn from their missteps and grow as a person — it’s hard for them to learn if you don’t give them the chance to. It all comes back to the Golden Rule; just treat others how you want to be treated, especially when times get hard. Treat people with respect and understanding — it’s not that difficult.

COLUMN

Stay in touch with your sides of curiosity and wonder

BY PARTH.SHIRALKAR
@iowastatedaily.com

Every morning when you wake up and get to work, study or whatever it is that constitutes the better part of your day, a small portion of your active brain gets locked into — for lack of a better phrase — the daily grind. It is important to stay in touch with your curious side, and not for very complicated reasons.

I decided to write about wonder because after a considerable amount of time, I found music that made my head bounce anew.

Finding new music, or simply new genres, that you learn to love is one of the many culminations of wonder.

“We wonder at all extraordinary and uncommon objects, at all

the rarer phenomena of nature, at meteors, comets, eclipses, at singular plants and animals, and at everything, in short, with which we have before been either little or not at all acquainted,” philosopher and economist Adam Smith said. “And we still wonder, though forewarned of what we are to see.”

English is a fascinating language; it has very fitting words for human emotion. Let us then consider wonder to be part of an emotional spectrum that could range from a simple “oh” to unparalleled feelings of astonishment. People visiting the Louvre for the first time no doubt are awestruck, and awe is possibly another intense form of wonder. Seeing the Mona Lisa smile, too, is nothing short of wonderful.

Wonder is an emotion not partial



IOWA STATE DAILY

Columnist Parth Shiralkar argues the importance of curiosity and wonder.

to just human beings.

Primatologist Jane Goodall noticed a male chimp gesturing excitedly at a beautiful waterfall when she was in Gombe observing chimpanzees. He perched on a nearby rock and gaped

at the flowing torrents of water for a good 10 minutes. Goodall and her team saw such responses on several occasions. I have seen my friends’ dogs react similarly to new toys or experiences.

Philosopher Sir Francis Bacon was not as keen on wonder as I thought. He called it “broken knowledge” and posited that wonder is an antecedent to knowledge.

I don’t necessarily agree with this sentiment, because the music I stumbled upon contributed less to my knowledge than to my sense of awe.

In a sense, however, it did make me realize that I am too focused on getting through the day while not stepping back occasionally and taking a moment to breathe. So maybe he was right. I can only wonder.

But anyway, that “wonder” on its own is a fascinating emotion that has not escaped people throughout history and — as is evident — throughout nature. Be open to new experiences and have fun.

Editorial Board
Annelise Wells, editor-in-chief
Melanie De Anda, opinion editor
Seth Pierce, student

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s).

Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

EVENTS



11.15.19

Andersen Coates & EllieMae – 7:30 p.m., Burgie’s Coffee & Tea, Ames (Music)
I Love You, You’re Perfect, Now Change – 7:30 p.m., ACTORS Studio, Ames (Theater)
The Envy Corps – 7 p.m., The Maintenance Shop, Ames (Music)
Band Extravaganza – 7:30 p.m., Stephens Auditorium, Ames (Music)
Number The Stars – 7 p.m., Black Box Theater, Ames (Theater)
Volcano Boys & Strong Like Bear – 10 p.m., The Angry Irishmen, Ames (Music)
Cyclone Cinema: The Lion King – 7 p.m. & 10 p.m., Carver Hall, Ames (Film)

11.16.19

Cyclone Cinema: The Lion King – 7 p.m. & 10 p.m., Carver Hall, Ames (Film)
Number The Stars – 2 p.m., Black Box Theater, Ames (Theater)
I Love You, You’re Perfect, Now Change – 7:30 p.m., ACTORS Studio, Ames (Theater)

11.17.19

Number The Stars – 2 p.m., Black Box Theater, Ames (Theater)
The Very Hungry Caterpillar – 3 p.m., Stephens Auditorium, Ames (Theater)
Cyclone Cinema: The Lion King – 7 p.m. & 10 p.m., Carver Hall, Ames (Film)

NEXT WEEK

Jazz Night, featuring Fat Sky – Wednesday, 8 p.m., The London Underground, Ames (Music)
Grandma Mojo’s Moonshine Revival – Wednesday, 9 p.m., The M-Shop (Music)
Caterpillar Club – Thursday, 10 p.m., Reiman Gardens (Music)
Iowa Junior Honors String Orchestra Festival– Friday, 4:30 p.m., Martha-Ellen Tye Recital Hall (Music)

MUSIC AND MOVIES



New Music this Week

11.15.19

“Courage” – Celine Dion

“Out Pathetic Age” – DJ Shadow

“Everybody’s Everything” – Lil Peep

“Mind The Moon” – Milky Chance

“La Linda” – Tei Shi

Release of the Week

Tuesday marked the 74th birthday of legendary singer/songwriter Neil Young, and unlikely celebrators Jeff Rosenstock and Laura Stevenson released a four-song EP of covers as a tribute. Formerly of DIY punk band Bomb The Music Industry!, the duo sparsely dips into the style of chilled out folk tunes. Instead of turning Neil Young’s classic up to punk rock speed, Stevenson and Rosenstock render mostly faithful covers, and in the process, highlight how punk rock the spirit of Neil Young is.

“Still Young” (EP)
Jeff Rosenstock & Laura Stevenson



Movies out this week

11.14.19

“Ford V Ferrari”
North Grand Cinema times: Friday and Saturday
Cinemark Movies 12 times: Friday and Saturday

“Charlie’s Angels”
North Grand Cinema times: Friday and Saturday
Cinemark Movies 12 times: Friday and Saturday

Horoscopes - Nov. 15



ARIES - *March 21 – April 19*
Your emotions have been whirling lately, but it’s time for a break. Life will feel like it’s going more smoothly. You can benefit from other’s ambition — supervise, and let them do the work. Take advantage of downtime and travel, learn about culture. Let today be a day of exploration and curiosity.



TAURUS - *April 20 – May 20*
You may feel like you’re in a hurry today; slow down. Lately, you’ve let yourself get caught in the moment — feeling powerless. This is far from the truth. You have the power to slow life down. Remind yourself you are in control of your own life.



GEMINI - *May 21 – June 20*
Let yourself go with the flow; you may find it not only more relaxing, but more interesting. You will get a chance to initiate new ideas and plan projects — that doesn’t mean you have to be the one in charge. Don’t confuse power and opportunity; it could keep you from chances to relax.



CANCER - *June 21 – July 22*
Bring the good memories of those who taught you something valuable to present. Remembering these people of encouragement will bring positivity for the day. Hang in there when times get tough. Honor this positivity and give a helping hand or a hug to someone who is feeling extra stress today.



LEO - *July 23 – Aug. 22*
Today might feel like you’re too busy to debate, but this feeling is wrong — there is always time to learn more about what is important to you. When you meet someone who challenges you, don’t pretend to agree and smile — question their beliefs. Their answers could surprise and intrigue you. Your mind might be opened up to the possibility that you were wrong.



VIRGO - *Aug. 23 – Sept. 22*
Problems you may have had with feisty coworkers are gone for now, and you will be able to enjoy a lighter mood at work. Your emotions were caught up in a battle that wasn’t yours — although the people you defended appreciated it. Now it’s time to focus on your work. After that brief distraction, this will feel rewarding.



LIBRA - *Sept. 23 – Oct. 22*
Take time to reflect on your own life; realize that isn’t selfish, but selfless. By understanding yourself, you are able to become a better friend, lover, employee and more. Don’t feel guilty for wanting to spend time alone today. Even though other people are getting together and having fun, your energy is better suited for introspection, and that’s a good thing.



SCORPIO - *Oct. 23 – Nov. 21*
Something big will happen today that forces you to take a controversial stand, but sticking to your values will be cause for admiration from others. By being principled, you are becoming a valued member of your social group, and with that comes power. You can stop a silly argument today — be a voice of reason.



SAGITTARIUS - *Nov. 22 – Dec. 21*
Mixing business with pleasure is not always a bad move, but it requires delicate attention. If you’re up for it, be positive — juggling romance and workload may take more energy than you expect. Review your company’s policy — is this person worth losing a job for? Keep in mind how to be flirtatious without starting a formal romance — this can bring complication.



CAPRICORN - *Dec. 22 – Jan. 19*
People may try to find faults in your points today, but they will be nowhere to be found. Your mind is sharp and you know the topic inside and out. Let go of hesitation and insecurity. There’s only room left for confidence and pride! You’re on fire and you know it — let everyone else know too!



AQUARIUS - *Jan. 20 – Feb. 18*
Today is filled with experimental feelings for you, drawn to big ideas that bring fear of suspicion; but the thought of exploring them is exciting. Tackle it today, the wild things that can become a part of your life. Leave your comfort zone.



PISCES - *Feb. 19 – March 20*
Do you feel like you want to hide from the world? The universe is giving you the energy to do just that. The high-maintenance parts of your life are preoccupied right now — you are free. Do whatever, however. This time alone can help you get back in touch with yourself and what you really want to do about a decision you’ve been putting off.

>> INTERNATIONAL Pg1

parts of the world after buying food coupons for \$0.50 each.

According to the event press release, funds from the event were allocated to the International Student Council scholarships, which aid international students who have contributed to the international community at Iowa State.

One group, the Filipino-American Association, was raising funds at their booth for those in need after a recent series of earthquakes in the Philippines, which killed at least 14 people, according to CNN.

Countries represented by student groups at the event included China, the Philippines, France, Taiwan, Indonesia, Vietnam, Malaysia, Korea and India. Each student group displayed a flag and multiple food items from the country they were representing.

Attendees sampled a wide variety of foods. Some were more well known, such as bubble tea and hot chocolate. Others were likely new for many people: mango lassi, turon, halo halo, arroz caldo, lu rou fan, Che Thai and falooda.

“The Philippines is known for its food, and we just wanted to bring the food to other people here,” said Ralph Rapanut, senior in civil engineering.

Rapanut was with the Filipino Student Association, which was serving halo halo and arroz caldo.

Daniel Sea, sophomore in marketing, said the Korean Student Association was serving spicy rice cakes and spam mayo rice balls as a way to exchange their culture.

“We are Sankalp and are a volunteer organization on campus, and we raise funds to support sustainable causes back in India,” said Abinayaa Dhanagopal, aerospace engineering graduate student. “This is part of our volunteer efforts, and this is our third year participating in this. We made butter chicken, which is the signature dish we do every year, and we made veggie cutlets.”

Mike Shau, junior in mechanical engineering, said the Malaysian Student Association was serving chicken satay and halal chicken noodle soup and was at the

event to promote Malaysian culture.

“World Cuisine” drew a large crowd of over 200 people over the three hour event, filling the South Ballroom with students interested in international dishes.

Alejandra Flores, sophomore in political science and history, organized the event.

“I’m new to International Student Council, so the planning was a lot of learning from past members,” Flores said. “I have been to the event before but have never organized it. It was a lot of contacting catering, event planning and getting the space. The groups actually cook all their own food, so there is a lot of preparation to get it here.”

The second event, “Bazaar and Game Night,” took place Monday in the Sun Room of the Memorial Union. Student organizations representing different countries brought information and various activities for attendees to try.

Six student organizations participated in the event, including the Vietnamese International Student Association, the Iranian Students’ and Scholars’ Association, the Arab Students’ Association, Hindu Yuva, the Japan Association and the Pakistan-Student Association.

The Vietnamese International Student Association brought a game called Tien Len and a board to provide information on the war between Vietnam and China, which occurred around the year 900.

The Arab Student Association gave students henna tattoos as a representation of their culture. Henna, a form of temporary body art, is typically used for weddings and other types of celebrations, said Joyee Leong, junior in chemical engineering and a member of the International Student Council.

Hindu Yuva brought a game called Kanche. Kanche is a popular game from the ’90s that uses marbles. Players place their marbles in a circle and try to hit others’ marbles out.

The Japanese Association brought a poster on Japan’s most popular anime and video game franchises and had a poll on attendees’ favorite anime shows. They brought three activities: kamizumo,

kendama and origami.

The Pakistan-Student Association presented their culture by bringing a history board and displaying traditional clothing from Pakistan. One of their representatives — chemistry graduate student Qamar Farooq — also wrote people’s names out in their native language, Urdu.

“Both of [the events] went pretty well [...] despite the weather on Monday,” said Taylor Nguyen, sophomore in math and organizer of the “Bazaar and Game Night” event.

Many students commented positively on International Week, praising it for spreading awareness of different cultures and for celebrating the diversity of Iowa State’s student body.

“I think it’s a very meaningful week where a lot of cultures are being shown,” Nguyen said. “And a lot of multicultural student organizations, they can show their cultures, talk about the organizations and talk about the countries. And from that, a lot of people get to know that there’s a variety of different cultures in the world.”

Ashish Gorthy, computer science graduate student, said the “Bazaar and Game Night” reminded him of India, where there are a lot of different cultures present.

“I am not an international student, but I grew up in Mexico,” Flores said. “I’ve always wanted to spread awareness of cultures and appreciation for their differences. International week really does that really well.”

The final event, International Night, will feature plenty of activities such as dancing, free food, karaoke and various performances, including a fashion show featuring clothing from around the world, Nguyen and Flores said. It will take place from 6:30 to 11 p.m. with free admission.

“There will be free food, and you don’t need to be an international student to attend this event; in fact, we encourage the Iowa State and Ames community to have fun and learn about others’ cultures through food, performances, activities and much more,” said Yekaterina Vang, senior in chemical engineering and president of the International Student Council.

>> TALK Pg4

traumatic memories, such as flashbacks.

“Because of these reactions, you may try to avoid doing things with other people,” said Shawna Freshwater, licensed clinical psychologist and neuropsychologist, on her website. “You may even avoid your friends and family.”

Avoiding others can make people feel isolated. Isolation is when someone tends to be alone a lot rather than spending time around other people.

When someone starts to distance themselves from others, their problems can build up. They may have even more negative thoughts and feelings, like sadness and fear. They may also feel as if they’re facing life all alone.

“I think, increasingly, people are going to online resources like social media,” Marsee said. “The reason I might say that is negative is because it isolates the person. It can further isolate someone from social groups or actual interaction, and people can become addicted to looking at the internet and reading social media posts, where the content can be negative and increase depression or anxiety.”

Freshwater gave an example of how to lessen the use of this negative coping mechanism. The example was taking part in social activities, even if one doesn’t feel like it. She said it can help one connect with others, which will help lessen stress.

AVOIDING REMINDERS OF THE TRAUMA

Trying to avoid bad memories or shut out feelings seems understandable and reasonable. However, this avoidance doesn’t work because trauma can control a person’s life if they try to escape from it.

“If you avoid thinking about the trauma or if you avoid seeking help, you may keep distress temporarily suppressed, but at a high cost,” Freshwater said on her website. “It will continue to resurface.”

Avoidance behavior also prevents people from making progress in how they can positively cope with trauma.

“People who are anxious tend to use avoidance as a coping skill,” Marsee said. “If they are invited somewhere, they won’t go, or they might not go to class. If they avoid doing that, it can make them feel good in the moment, and that becomes really reinforcing for them and exacerbates the avoidance.”

RISKY BEHAVIOR

Another way to cope could be by participating in risky or dangerous behaviors. For example, someone may drive too fast or be quick to start a fight when someone upsets them. This could result in the person hurting themselves or someone else.

“Certain ways of dealing with stress can be dangerous,” Freshwater said. “If you start smoking or smoke more, you put your health in danger. Emotional eating to relieve stress also can be dangerous.”

>> WINTERSTEEN Pg1

Innovation and entrepreneurship were keywords in Wintersteen’s State of the University address given back in September.

In her address, she praised the almost-complete Student Innovation Center for connecting the curriculum with faculty and student innovation and entrepreneurship.

The second goal was “enhancing Iowa State’s research profile.”

“What makes research at Iowa State so exciting is the direct impact that it has right here in Iowa,” Wintersteen said. “Making our people, communities, companies and the economy healthier, stronger and more productive.”

Wintersteen further discussed the importance of collaboration of research programs and industry members.

“In total, 187 companies invested in Iowa State research in the last fiscal year,” Wintersteen said. “Twenty-eight of those companies are headquartered or have a significant presence in Iowa, and 10 have locations at the ISU Research Park. Overall, ISU researchers set a new record for external research funding, securing \$261 million last year.”

Wintersteen’s third goal was

“improving quality of life for all Iowans.”

“Iowa State faculty continue to excel in transferring their research to the marketplace,” Wintersteen said.

Nearly 100 new patent technology applications were also filed over the past year, and researchers received 32 patents in total. This raised Iowa State’s ranking for U.S. patents to number 69 worldwide.

The fourth goal was “enhancing and cultivating the Iowa State experience.”

“Last fall, the percent of students at Iowa State who identified as U.S. multicultural or international set a record at 24.5 percent of the student body,” Wintersteen said. “28 percent of our faculty and staff are minority. But universities must do much more than simply recruit students from diverse backgrounds.”

During Wintersteen’s presentation, she shared a statistic about fall 2019’s Destination Iowa State.

“Nearly 1,200 new students participated in a session called One Cyclone,” Wintersteen said. “This session shared lessons about diversity and the students’ role in creating an inclusive campus.”

Wintersteen’s administration has made efforts to fight against racism and discrimination on campus in

recent weeks and months.

The university implemented a temporary chalking policy after abortion arguments took place on sidewalks alongside multiple other events on campus, such as the defacement of Bean House in Geoffroy Hall with a racial slur and social media pictures surfacing of Student Government Adviser Alex Krumm with his face painted black. All of these events culminated in students protesting the events by blocking off Lincoln Way, demanding to speak with Wintersteen.

“This semester we have [engaged] with a new group on campus called Students Against Racism,” Wintersteen said. “We’ve had a number of meetings with the students to hear about their concerns, to hear about their stories, and they presented us with a list of their demands. Just yesterday, we responded to their demands, and those demands are now up on our campus climate webpage.”

Wintersteen ended her presentation by recognizing the 120th anniversary of the Stanton Memorial Carillon — the bells housed inside the Iowa State Campanile.

Additional information on the board’s meetings and agendas can be found online at www.iowaregents.edu.

>> WORKSHOP Pg3

center has these numbers available to students and staff.

The workshop included conversation skills. Schickel advised job candidates to “take a breath” and always say thank you when receiving an offer before asking when the employer needs a response.

“What you say and how you say it is really crucial to the negotiation process,” Schickel said. “Regardless of whether or not you want to accept the offer you want to thank them [...]. They’ve spent a lot of time interviewing you. You want to make sure they feel appreciated in this process.”

When it comes time to consider the offer, Schickel said benefits other than money should be taken into account such as learning experiences, leadership roles or the work environment provided by the employer.

When responding to a job offer, Schickel said negotiating over the phone to get a feel of the employer’s flexibility is preferable to negotiating over email or letter.

A slide titled “When Calling Back,” provided guidelines on how to return to a job offer for a negotiation. The tips for it included reiterating interest in the job, indicating reservations on thanking the job and asking for flexibility on the salary.

Sarah Brix, senior in early childhood education, said her biggest takeaway from the workshop event was to choose her words wisely and never use the word ‘negotiate.’

Schickel said if an employer is unwilling

to be flexible with a salary, other areas of the offer may still be able to be negotiated. These aspects include discussion of a sign-on bonus, start date, relocation assistance and work schedule.

Schickel ended her presentation with a scenario practice where participants partnered up and pretended they were beginning salary negotiations for a position as a wellness coordinator.

Participants in the workshop conducted the exercise with smiles and head nods. Some participants acted as if their negotiation was over the phone. The attendees took on different roles, some acted as the employer and others acted as the students discussing salary.

A follow-up discussion followed the exercise about the different areas of negotiating and what the participants knew about it.

Jodi Wilson, education graduate student, said she learned about the event from an email sent to her by Career Services Center.

“I will be job searching here soon and it seemed like an important set of skills to have while going into that process,” Wilson said.

Wilson said she plans on moving away from the Ames area and knowing the resources provided by the Career Services Center will help her feel more comfortable throughout the negotiation process.

The workshop closed with Schickel advising participants who want more information to schedule an appointment with Career Services through CyHire or visiting the Career Services Center of their college.

